



Harvest of the Month

Heirloom Tomatoes & Watermelon

Why Choose Heirloom Tomatoes?

Heirloom tomatoes are sweet, flavorful champions of nutrition packed with powerful antioxidants like lycopene, vitamins A & C, and essential minerals. They offer major health benefits, including reducing the risk of chronic diseases like heart disease and cancer, supporting eye and skin health, aiding digestion, and helping control inflammation throughout the body.



What about Watermelon?

Watermelon is a refreshing, deeply hydrating favorite packed with essential nutrients and vitamins. Composed of over 90% water, it serves as an excellent natural source of hydration while delivering a powerful dose of lycopene, an antioxidant that supports heart health and helps protect against chronic diseases. Additionally, it provides vital vitamins A & C to boost immune function and maintain healthy skin, alongside the amino acid L-citrulline, which aids in muscle recovery and blood flow.

Healthy Serving Ideas:

September marks the peak harvest for both heirloom tomatoes and watermelon, bringing a burst of ultimate sweetness and color to your late-summer table. You can celebrate this perfect seasonal pairing raw by tossing juicy watermelon cubes and heirloom tomato slices together with feta cheese and fresh mint for a refreshing salad. For a cooked twist, try lightly searing watermelon slices and blistering heirloom tomatoes on the grill to create a smoky, caramelized side dish for your next backyard gathering!



In partnership with



Harvest of the Month

Featured Recipes ***Tomato-Cucumber Salad***

Ingredients

- 2 medium tomatoes, approx 6 oz ea
- ½ a large cucumber, approx 6 oz
- 2 tablespoons minced fresh flat-leaf parsley
- 2 tablespoons blended oil or olive oil
- 1 tablespoon lemon juice
- 1½ teaspoons honey
- ¼ teaspoon garlic powder
- Pinch of salt

Directions

1. Dice the tomatoes and cucumber into bite-size pieces. Add them to a medium bowl.
2. Finely mince the parsley and add it to the bowl.
3. In a small bowl, whisk together the oil, lemon juice, honey, garlic powder, and salt until combined.
4. Pour the dressing over the tomato and cucumber mixture.
5. Gently toss until everything is evenly coated. Refrigerate for 15–30 minutes to allow the flavors to develop.

Watermelon, Cucumber & Lime Salad

Ingredients

- 1¾–2 lb seedless watermelon
- 1 medium cucumber, approx 10 oz
- 2½ tablespoons lime juice
- 1 tablespoon honey

Directions

1. Cut the watermelon into bite-size cubes and place in a large bowl.
2. Cut the cucumber into slices and add to the watermelon.
3. In a small bowl, whisk together the lime juice and honey until well combined.
4. Pour the lime-honey dressing over the watermelon and cucumber.
5. Gently toss to coat, being careful not to break up the watermelon.
6. Refrigerate until ready to serve.